

EMEK SHELI  
(Israel)

A couple dance choreographed by Bentzi Tiram.

Pronunciation:

Translation: My Valley

Music: T-Ram 1002 Side A/3.

3/4 meter

Formation: Partners side by side, facing LOD. Inside hands joined in a simple hold("V" pos).

Steps described for M, W does opposite.

Meas

Pattern

PART A

- 1-2 Two Waltz steps fwd L,R.
- 3-4 Release hands. Two Waltz steps L,R while turning 1 full turn CW.
- 5-6 M R hand on W R waist. W L hand on M R shldr: Step L,R,hop. Step L,R,hop.
- 7 Ptrs face to face, holding each other's hands.
- 8 Step L sdwd to L (cts 1-2); close R beside L (ct 3).
- 9-16 Step L sdwd to L (cts 1-2); hold (ct 3).
- 17-20 Repeat meas 1-8 with opp ftwk and direction.
- 21-40 In closed pos make 2 full turns in 4 Waltz steps.
- Repeat meas 1-20.

PART B

Ptrs face to face, holding each other's hands.

Men: (Women's instructions below)

- 1 One Waltz step in place with L while L hand is wrapped around ptr waist.
- 2 Stamp R in place and hold.
- 3-4 Repeat meas 1-2 with opp ftwk and direction.
- 5-6 Repeat Part A, meas 3-4.
- 7-8 Repeat Part A, meas 7-8. On last ct, close with R.
- 9-16 In closed pos turn in 8 Waltz steps. On last 2 meas the W turns once under the M L hand.
- 17-32 Repeat meas 1-16.

Women:

- 1-2 Waltz step with R while turning 1/2 CCW under the joined M L, W R hands. W end in wrapped pos (M R arm around W waist).
- 3-4 Repeat meas 1-2 with opp ftwk and direction.

Presented by Bentzi Tiram